

What is claimed is:

1. A process for preparing instant rice comprising:
 - a milling step for milling brown rice to remove a controlled proportion of bran layer;
 - a primary immersing step for causing rice grains obtained in the said milling step to absorb water;
 - a primary alpha-type conversion step for converting at least surface layers of the rice grains obtained in the said immersing step to the alpha-structure type;
 - a preliminary drying step for drying the rice grains obtained in the said primary alpha-type conversion step up to a moisture content higher than a moisture content after final drying;
 - a final polishing step for consummatively polishing the rice grains obtained in the said preliminary drying step;
 - a secondary immersing step for causing the rice grains obtained in the said final polishing step to absorb water once again;
 - a secondary alpha-type conversion step for completely converting the rice grains obtained in the said secondary immersing step to the alpha-type;
 - a separation-into-single-grains step for separating the rice grains obtained in the said secondary alpha-type conversion step into single grains; and

a final drying step for consummatively drying the rice grains obtained in the said separation-into-single-grains step.

2. A process for preparing instant rice according to claim 1, further comprising a water-removing step between said primary immersing step and said primary alpha-type conversion step.

3. A process for preparing instant rice according to claim 1, further comprising a water-removing step between said secondary immersing step and said secondary alpha-type conversion step.

4. A process for preparing instant rice according to claim 1, further comprising a first water-removing step between said primary immersing step and said primary alpha-type conversion step and a second water-removing step between said secondary immersing step and said secondary alpha-type conversion step.

5. Instant rice characterized by being prepared according to the process defined in claim 1.